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Housekeepers' Chat

Release Friday, Oct. 31, 1933

NOT FOR PUBLICATION

Subject: "Stuffed Flank Steak and Cranberry Pie." From Bureau of Home Economics, U. S. D. A.

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We're going to talk about a Stuffed Flank Steak and Cranberry Pie this morning, but first, we had better answer a question from a lady listener in the North. She wants to know what kind of blankets to buy this fall, when she goes hunting for bargains.

She had better be careful. Things are not always what they seem, in the bargain world. There are a number of points to consider, in buying blankets. First, there's size. Before you go blanket-buying, measure your mattress, and decide just how large a blanket you want. You might find a bargain table of blankets, all right, but what use is a bargain blanket, if it won't cover your toes in the winter time? Don't forget that size is an important item, when buying blankets, or any other bedding, for that matter.

Second, consider the weight of the blanket. Just suppose, for a certain particular bed, you want a heavy wool blanket. You find a bargain table of wool blankets, supposed to be heavy. They look heavy--no doubt about that. But remember that a light blanket may be fluffed up so that it looks like a heavy one. Mill-men buy wool by weight. It might be a good idea for you to ask the weight of the blankets you buy.

Third, note whether the blanket is firm or weak; that is, find out the tensile strength. How? Dig your hand through the nap, and see whether the foundation fabric is firmly woven. Don't be misled by a blanket with a beautiful nap -- and a weak foundation.

Fourth, decide whether you want a blanket which is all wool, all cotton, or wool and cotton mixed. If you want a wool blanket, then look at the label. If the label states that the blanket is All Wool, or 100 Per Cent Wool, then you are reasonably safe in buying it.

If you want a blanket which is wool-and cotton mixed, ask the salesman what percentage of cotton there is in the blanket. And don't forget, while you're considering size, weight, strength, and the percentage of wool and cotton, don't forget to look at the binding. Is it a fancy silk or satin binding? It may wear right out. You see there's a difference in the shrinkage between a silk binding and the blanket itself. After the blanket is washed, the binding may be puckered and ugly. Don't be taken in by a pretty silk binding and a big silk bow.

One more thing -- the amount of nap on the blanket is important. The warmth of the blanket depends on the amount of nap. The nap should not be allowed





to mat down, for this decreases the heat conductivity, and the warmth of the blanket. Get a good blanket, and it can be re-napped.

And so our question is answered, and we're ready to talk steak. By the way, have I mentioned lately the leaflet called "Cooking Beef According to the Cut"? Surely I have! Perhaps you weren't listening on that day, Lucretia. I'm positive I would never neglect to mention such an attractive leaflet as "Cooking Beef According to the Cut."

The authors--one of them is the Recipe Lady--give a list of the tender cuts of meat, that is, the steaks and roasts; then they give a list of the less tender cuts, that is, the less tender steaks, roasts, and stews.

Next, having listed the different cuts of meat, the authors of this leaflet describe the best methods of cooking the tender cuts, and the less tender cuts.

They give recipes, too, for Broiled Steak, Mushroom Sauce, Rib Roast of Beef, Yorkshire Pudding, Pot Roast of Beef, Stuffed Flank Steak, Swiss Steak, Broiled Hamburg Steak on Onion Rings, and Beef Croquettes.

All those recipes for nothing, Lucretia, for nothing but a letter from you, saying you'd like to have the leaflet called: "Cooking Beef According to the Cut."

If you had this leaflet, and if you wanted to know how to prepare a Stuffed Flank Steak, for instance, all you'd have to do would be to turn to page six, and right there, in plain sight, you'd see a picture of a Stuffed Flank Steak. What's that? Lucretia says she could stuff a Flank Steak without seeing a picture of it. But then it's nicer, don't you think, to see what it will look like when it's ready to serve?

For dinner today, we're having a Stuffed Flank Steak; Baked Winter Squash; Creamed Onions; Mixed Vegetable Salad; and Cranberry Pie.

The first thing to do, when you're preparing a Flank Steak, is to get the steak. Tell your butcher you want a very nice Flank Steak--tell him it's for company.

"Fine!" he'll say. "I have just what you want."

Then when he gives you "just what you want," take it home, and consult your Beef leaflet for ways to cook it. Here we are, on page six, of "Cooking Beef According to the Cut." Right here, on top of the page, is a picture of a Stuffed Flank Steak. There's a sprig of parsley here and there on the meat platter -- doesn't the dish look appetizing?

Seven ingredients, for a Stuffed Flank Steak:

Flank Steak	1 onion, minced
1-1/2 cups stale bread crumbs	1/2 cup chopped celery, and
1 teaspoon salt	2 tablespoons butter of beef
1/8 teaspoon pepper	drippings.

Seven ingredients, for a Stuffed Flank Steak: (Repeat)

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Wipe the meat with a damp cloth. For the stuffing, brown the celery and the onion lightly in the fat and combine with the other ingredients. Spread the stuffing over the steak. Beginning at one side of the steak, roll it up like a jelly roll, and tie securely in several places with clean string. "When carved in slices, the meat will be cut across the grain, if rolled from the side, not the end.) Sear in a small quantity of fat in a heavy skillet or a baking pan, on top of the stove, and turn the meat frequently until browned on all sides. Slip a rack under the meat in the pan, cover closely, and cook in a moderate oven (350°F.) for 1-1/2 hours, or until tender. When the meat is done, remove from the pan and prepare gravy as follows: Drain off the fat. For each cup of gravy desired, measure 2 tablespoons of fat and return to the pan, add 1-1/2 to 2 tablespoons of flour and stir until well blended and slightly browned. Then add 1 cup of cold water or milk and stir until smooth. Season with salt and pepper.

To repeat the menu: Stuffed Flank Steak; Baked Winter Squash; Creamed Onions; Mixed Vegetable Salad; and Cranberry Pie.

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5. 1. 1941

Dear Sir,  
I have the pleasure to acknowledge the receipt of your letter of the 28th inst. in relation to the above mentioned matter.  
In reply to inform you that the same has been forwarded to the proper authorities for their consideration.  
I am, Sir, very respectfully,  
Yours faithfully,  
[Signature]

Very truly yours,  
[Signature]

[Stamp]